LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below that is nearest you, together with your sales slip and $5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120-MONTH DURATION OF THIS WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Facts You Should Know

Your Weight Watchers scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR".

Electronic sensors are sensitive. Be careful not to drop or jar the scale.
Place it gently onto floor surface, and store where it will be protected from impact.
The scale is an electronic instrument and should never be submerged in water.
Clean with damp cloth.
Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information on previous page.

Battery Replacement Instructions

1. Turn over the scale and open the battery door. (Push ribbed switch and pull up)
2. Replace old batteries with one new 9V battery.
3. Close battery door.
4. Properly dispose of old batteries.

Important Information Concerning Weight Management

Your scale is the best tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat, and water.

Body weight fluctuates during the day, and from day to day, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low fluid intake can result in weight loss.
- Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

When You're Losing Weight

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories and more exercise. Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware that different scales often give different results. The scale at your doctor's office may show one weight and your scale at home another.
So don't get too caught up with a single number.

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. Weigh yourself no more than once a week when you're dieting. Though it's hard to stick to this pattern, it's the best way to prevent unnecessary concern with normal weight fluctuations, which are unrelated to your weight-loss efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week
- At the same time of day
- In the same place
- Wearing the same clothes
- Using the same scale

To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.

When You're Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- Weigh yourself more often than once a week.
- Use the "5-pound rule" – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.

While a scale can be a useful tool on your weight-loss journey, it's not in and of itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own.*

Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

Service Centers
Conair Corporation
Service Department
150 Milford Road
East Windsor, NJ 08520

Conair Corporation
Service Department
7475 N. Glen Harbor Blvd.
Glendale, AZ 85307

1-800-326-6247
www.conair.com

**Heshka S, et al. Two-Year Randomized Controlled Study of Self-Help Weight Loss vs. A Structured Commercial Program. The FASEB Journal 2001; 15(4):A623*

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08AD020 IB-8286

Weight Watchers®

Scales by
CONAIR™

Instructions for use of Weight Watchers bathroom scale

Congratulations! By purchasing this Weight Watchers scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

Model #WW43D

Before Using Scale

1. Remove all packaging materials.
2. Set switch on the base of scale to measure in kg (kilograms) or lb (pounds).
3. Set scale on floor. Surface must be level for accurate operation and safety.

Weighing In

This Weight Watchers scale has a unique weight tracking technology that allows users to track their start weight, their last weight, and their goal weight and compare those weights to current weight.

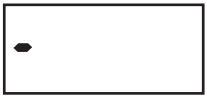
In addition, this model contains proprietary leveling technology that helps you to stand on the scale in perfect balance, making your weight measurements truly repeatable and comparable over time.

To Measure Weight Only

- Operate the scale on a secure flat floor.
- Choose pounds (lb) or kilograms (kg) by switching the convertible switch in the back of the scale before stepping on the scale.
- Tap on the scale; “888.88” appears on the display.

- Wait until “0.0” appears.

- Step onto the scale; adjust your position on the scale according to the leveler indicators on the display. The indicators show where you are off center. (Screen below shows that weight needs to be shifted to the right of the scale.) When center diamond lights up, it indicates ideal balance for accurate and repeatable weight measurement.



Off-center position

Center position

- Weight reading appears, blinks several times, and then shows on the display.

- After you step off the scale, your weight reading stays for a few seconds, then the scale turns off automatically.

Note:
The second decimal place of a kg reading is shown as a small number in the upper right corner. For example:

“Err” will appear on the display if the weight is over 380lb or 172kg.

Customizing Your Scale

1. To turn on the scale

• Press “Set”.

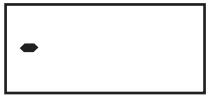
2. To set the user number

• Within 3 seconds after pressing “set”, press user 1, 2, 3 or 4 to choose a user number; “P-1”, “P-2”, “P-3” or “P-4” appears; press “set” to save the user setting.

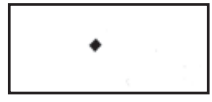
3. To set the start weight

• When “0.0” appears on the display step onto the scale.

• Adjust your position on the scale according to the leveler indicators on the display. The indicators show where you are off center. (Screen below shows that weight needs to be shifted to the right of the scale.) When center diamond lights up, it indicates ideal balance for accurate and repeatable weight measurement.



Off-center position



Center position

• Weight reading appears on the display with the word “start” illuminated and then starts to blink.

• Get off the scale, press “set” key to save the reading as a start weight.

4. To set the goal weight

• After start weight is recorded, display automatically moves to the next screen: goal weight. Goal weight with decimal point will blink with the word “GOAL” illuminated. The scale will automatically calculate your goal weight as 10% off your start weight, in accordance with generally accepted healthy weight management guidelines.

If goal weight needs to be adjusted up or down from automatically calculated goal weight, user can press “user 1” or “user 2” button at any time during the 30 seconds before display times out to adjust goal weight. Pressing a user button will adjust weight up or down by 1lb each time the button is pressed. Pressing user button 1 will adjust weight up; pressing user button 2 will adjust weight down.

• Once desired goal weight has been reached, press “set” to confirm goal weight.

NOTE: If goal weight has not been set properly, goal weight in future weight readings will be incorrect. If that happens, simply repeat customization procedure.

• Display will turn off.

Daily Weight Tracking

1. Select your user number

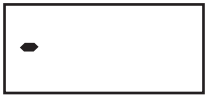
- Power the scale on by pressing your user number button: user 1, 2, 3 or 4. All digits appear. If the scale is tapped on, press user number button within 3 seconds after scale is turned on.

- User number appears.

- "0.0" appears on the display, and your scale is ready to take a weight measurement.

2. Weight measurement

- Step onto the scale; adjust your position on the scale according to the leveler indicators on the display. (Shift weight to achieve ideal balance: ideal balance is reached when center diamond appears.) Weight reading appears on the display for a few seconds, then screen moves on to delta displays.



Off-center position

Center position

Current weight

3. Delta display

- The "delta" displays show the difference between your current and your last weight, your current and your start weight and your current and your goal weight.

Delta Last

- Display automatically moves to the delta screen — "delta last" reading appears and DELTA LAST illuminates on the display. Delta Last = Current weight – Last weight. (Display, right, indicates that user has lost 5 lbs since user's last weighing.)

Delta Start

- After 3 seconds' display of "delta last", "delta start" reading appears and DELTA START illuminates on the display. Delta Start = Current Weight – Start Weight. (User has lost 10 lbs since beginning of the weight loss and maintenance program.)

Delta Goal

- After 3 seconds' display of "delta start", "delta goal" reading appears and DELTA GOAL illuminates on the display. Delta Goal = Current Weight – Goal Weight. (User needs to lose an additional 5 lbs to reach goal weight.)

Note: It is possible to scroll through the delta displays faster, without waiting 3 seconds for each screen to display and then move on to the next screen.

- "Delta start", "delta goal" and "delta last" can be reviewed individually and repeatedly. Each time the "set" key is pressed, the screen moves to the next display.

It is also possible to see the absolute weights (actual number of lbs of last, start and goal weights) rather than the delta or difference weights.

- At **"delta last" display stage**, press and hold "set" key; "delta last" reading disappears, and last weight reading comes out on the screen with LAST illuminated. Release the "set" key and screen moves to "delta start".

- At **"delta start" display stage**, press and hold "set" key; "delta start" reading disappears, and start weight reading comes out on the screen with START illuminated. Release "set" key and screen moves to "delta goal".

- At **"delta goal" display stage**, press and hold "set" key; "delta goal" reading disappears, and goal weight reading appears on the display with GOAL illuminated.

- Display times out and scale turns off.